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7-[illegible] (7-OH)

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- **Kava (Kava kava): [illegible], [illegible]. Kava [illegible], [illegible]. [illegible], [illegible], [illegible].**

- **Banana ([illegible]): [illegible], [illegible], [illegible]نغ[illegible], [illegible]. [illegible]**
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(Entha kuraiyaan thittadhaiyaa kuudal mukkiyatum alikkum vakiyil, STRENGTH Peptide Stack-n sērpa pāyannuttaa kūdithavai porutkal illaa.)

Explanation:

* **□□□□□ □□□□□□□□ □□□□□□□□□□□□□□□ (Entha kuraiyan thittadhaiyaa):** This translates to "Any taper" while maintaining the emphasis on its importance.
* **□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□ (Kuudal mukkiyatum alikkum):** Means "add additional significance" conveying the idea of boosting results.
* **□□□□□□□□ (Vakaiyil):** "In a way" to connect the previous clause with the following suggestion.
* **STRENGTH Peptide Stack-□□ □□□□□□□□□□ (STRENGTH Peptide Stack-n sērpa pāyannuttaa):** This directly translates to "along with the STRENGTH Peptide Stack" as per your instruction.
* **□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□ (Pāyannuttaa kūdithavai porutkal):** "Products that can be used" emphasizing the combination's effectiveness.

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[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] **(week)** [illegible] [illegible] [illegible]. **[illegible] [illegible] (Monthly):** **1. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. **2. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. **3. **[illegible] [illegible] [illegible]:** [illegible] [illegible]	[illegible] [illegible] [illegible] **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] **(week)** [illegible] [illegible] [illegible]. **[illegible] [illegible] (Monthly):** **1. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. **2. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. **3. **[illegible] [illegible] [illegible]:** [illegible] [illegible]	[illegible] [illegible] [illegible] **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] **(week)** [illegible] [illegible] [illegible]. **[illegible] [illegible] (Monthly):** **1. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. **2. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. **3. **[illegible] [illegible] [illegible]:** [illegible] [illegible]	[illegible] [illegible] [illegible] **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] **(week)** [illegible] [illegible] [illegible]. **[illegible] [illegible] (Monthly):** **1. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. **2. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. **3. **[illegible] [illegible] [illegible]:** [illegible] [illegible]	[illegible] [illegible] [illegible] **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] **(week)** [illegible] [illegible] [illegible]. **[illegible] [illegible] (Monthly):** **1. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. **2. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. **3. **[illegible] [illegible] [illegible]:** [illegible] [illegible]	[illegible] [illegible] [illegible] **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] **(week)** [illegible] [illegible] [illegible]. **[illegible] [illegible] (Monthly):** **1. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. **2. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. **3. **[illegible] [illegible] [illegible]:** [illegible] [illegible]	[illegible] [illegible] [illegible] **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] **(week)** [illegible] [illegible] [illegible]. **[illegible] [illegible] (Monthly):** **1. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. **2. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. **3. **[illegible] [illegible] [illegible]:** [illegible] [illegible]	[illegible] [illegible] [illegible] **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] **(week)** [illegible] [illegible] [illegible]. **[illegible] [illegible] (Monthly):** **1. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. **2. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. **3. **[illegible] [illegible] [illegible]:** [illegible] [illegible]	[illegible] [illegible] [illegible] **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] **(week)** [illegible] [illegible] [illegible]. **[illegible] [illegible] (Monthly):** **1. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. **2. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. **3. **[illegible] [illegible] [illegible]:** [illegible] [illegible]	[illegible] [illegible] [illegible] **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] **(week)** [illegible] [illegible] [illegible]. **[illegible] [illegible] (Monthly):** **1. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. **2. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. **3. **[illegible] [illegible] [illegible]:** [illegible] [illegible]	[illegible] [illegible] [illegible] **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] **(week)** [illegible] [illegible] [illegible]. **[illegible] [illegible] (Monthly):** **1. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. **2. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. **3. **[illegible] [illegible] [illegible]:** [illegible] [illegible]	[illegible] [illegible] [illegible] **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] **(week)** [illegible] [illegible] [illegible]. **[illegible] [illegible] (Monthly):** **1. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. **2. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. **3. **[illegible] [illegible] [illegible]:** [illegible] [illegible]	[illegible] [illegible] [illegible] **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] **(week)** [illegible] [illegible] [illegible]. **[illegible] [illegible] (Monthly):** **1. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. **2. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. **3. **[illegible] [illegible] [illegible]:** [illegible] [illegible]	[illegible] [illegible] [illegible] **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] ([illegible] [illegible])

1. [illegible]: [illegible] [illegible] **10-20%** [illegible] [illegible] [illegible].

2. [illegible]: [illegible] [illegible] [illegible].

3. [illegible]: [illegible] [illegible] **2-3** [illegible] [illegible].

4. [illegible]: [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
[illegible] [illegible] [illegible] [illegible]. 2 [illegible] [illegible], 3 [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible].
[illegible] [illegible] [illegible]: [illegible] [illegible] 3-4 [illegible] [illegible] [illegible], [illegible] [illegible] [illegible].
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]:

1. [illegible]: [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible].
2. [illegible]: [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
[illegible] [illegible] [illegible]? [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible].
[illegible] [illegible] [illegible] [illegible], 2 [illegible] 1 [illegible] 0 [illegible] [illegible] 8 [illegible] 6 [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

1. [illegible] [illegible] (Inhibition):
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
2. [illegible] (Activation):
[illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible],
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

3. [illegible] [illegible] [illegible] (Low Inhibition Dosage):
[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible],
[illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [

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2. **□□□□□□□□□□ □□□□□□□□□□□□□□□: □□□ □□□□□□□□ □□□□□ □□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□ □□□□□□□□□, □□□ □□□□ □□□□□□□□ □□□□□□□□□□□□ □□□□□□ □□□□□□□ □□□□□□□□□□ □□□□□□□□□□□ □□□□□□□**

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2. **[illegible], [illegible], [illegible].

3. **[illegible], [illegible]. [illegible] [illegible].

4. **[illegible]:

1. [illegible]: [illegible] 7-OH [illegible] (mg) [illegible].
2. [illegible] 7-OH [illegible]: [illegible] [illegible] (7-OH [illegible]) [illegible], [illegible] [illegible].
3. [illegible] - [illegible].
4. [illegible] 10-15% [illegible], [illegible].
5. [illegible] 10-15% [illegible]) [illegible].
6. [illegible].

[illegible] (Recovery Kernel) [illegible]

[illegible]:

1. **[illegible]: [illegible].

2. **[illegible]: [illegible], [illegible], [illegible]

[illegible], Feel Free [illegible]. [illegible], Feel Free 7-OH [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] (Kratom) [illegible]:

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[illegible] [illegible], [illegible] [illegible] **(plain kratom)** [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (kratom) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] Feel Free [illegible] [illegible] 3-5 [illegible] [illegible] [illegible] (kratom) [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

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2. **[illegible] [illegible] [illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].

3. **[illegible]:** [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (Facebook [illegible], [illegible] [illegible]) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] 1-2 [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] **([illegible])** [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].

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[illegible] **(Recovery Kernel)**

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செமாக்ஸ் (நிலைப்படுத்தல் தொடர்னால்):

ஒரு பயனுறவாளர் மற்றும் ஆதரவு சேர்க்கை அமைப்பினர் கூட்டணியில், செமாக்ஸ் ஒரு பயனுறவாளரின் நிலைப்படுத்தல் மற்றும் வெற்றிக்கான முனைப்பை உறுதி செய்யும் ஒரு பயனுறவாளர்-केंद्रित வழிமுறையாகும். இது, மன ஆரோக்கியத்திற்கான பயனுறவாளர் தன்னாட்சியை மேம்படுத்துவதற்கும், நல்ல உடல்நலத்தை பெறுவதற்கும் உதவுகிறது.

இதன் முக்கிய தரப்புகள்:

1. **நம்பிக்கையை உறுதி செய்யுங்கள்:** பயனுறவாளரின் தன்னாட்சியை மேம்படுத்துவதற்கு, நம்பிக்கையை உறுதி செய்யு நான்கு வாரங்களில் முதல் நான்கு வாரங்களில், உங்கள் கூட்டுதல் அறிவியல் திறன் (கன்சியூட்) புரியப்படும் என்று நிறைய காரணங்கள் உண்டு. இந்த காலகட்டத்தில், பலரும் "நான் மீண்டும் என்னுடைய நான் உள்ளேன்" என்று உணருவார்கள், அது சில வெட்டுகளில் போலவே. இது BDNF (பிடி நியூரால் □ென்ரிக் □ாக்டர்) என்ற பிரச்சினையாளர் மூலம் நீடிர்ந்த நோக்கு வாய்ந்த நெருப்பு அமைப்பை புனர்மொழிக்கிறது, இது சமீபத்தில் நிரம்பிய நோக்கு வாய்ந்த நெருப்பு (7-OH) பயன்படுத்தலினால் கழுவப்பட்டது.

நெருக்கை மறுசீரமைப்பு (மாதங்கள் 2-6)

நீங்கள் படித்து முடித்த கடினமான காலத்தை விட்டுவிட்டீர்கள். இப்போது, குறிப்பாக மூலமாக பொறுப்பான பரிசீலனையை நிறைவேற்றும் மற்றும் விரளிப்படுத்தப்பட்ட மற்றும் திரும்பியுள்ள நிலையை பூர்த்தி செய்வதற்கு காரணமாக, உங்கள் விருப்ப விழிப்புணர்வு அமைப்பை மீட்டெடுத்து கொண்டு, திரும்பியுள்ள நிலையை பாதுகாக்குவதற்கான முறைகளை உருவாக்குங்கள்.

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Recovery Kernel ([illegible]): [illegible] [illegible] [illegible]

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- DSIP [illegible]: [illegible] 100-200 [illegible] [illegible] (1 [illegible] 2)
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- [illegible]: 0.5-1 [illegible] ([illegible] [illegible] [illegible])
- [illegible]: 200 [illegible] - [illegible] [illegible] [illegible] [illegible].
- 65-68 [illegible], [illegible] [illegible].
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[illegible]. (Nān paṭukka muṭiyādhut.) **Explanation:** This phrase directly conveys the feeling of insomnia in a natural and idiomatic way in Tamil. It captures the difficulty of falling asleep without adding any extra advice or commentary.	[illegible] REM [illegible] ([illegible]) [illegible].	DSIP [illegible] + [illegible] + [illegible] (DSIP [illegible] - [illegible]. Epithalon - [illegible]. Magnesium Glycinate - [illegible].)
[illegible] (Restless Legs) [illegible]:	[illegible], [illegible]	[illegible], [illegible]. (Akmadin, Maagnayashiam matram celangk oru kuguvak paayanuulladhu.) **[illegible]:**

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[illegible]	[illegible] (Norepinephrine) [illegible]	[illegible] ([illegible]) + [illegible]-157 ([illegible])

증상 (Symptom) - 문제가 발생했을 때 나타나는 겉으로 드러나는 현상이나, 해결하고 싶은 목표 상태. 예: 매출 감소, 고객 불만 증가, 시스템 오류 발생. - 원인을 찾기 위해 관찰하고 측정하는 대상이 되는 현상. - 문제의 심각성을 판단하는 기준이 되는 현상. 예: 하루 매출 1억 원 이하로 떨어짐.	증상을 보고 떠오르는 질문을 적어보세요. 예를 들어, "왜 이 현상이 발생했을까?" 라는 질문을 적어보세요. 이 질문은 원인을 찾는 데 도움이 됩니다. - **가능한 원인 가설 세우기:** 증상을 보고, 가능한 원인을 추측하여 가설을 세웁니다. 예: 매출 감소의 원인은 경쟁사 출현, 제품 품질 저하, 마케팅 부족 등. - **데이터 수집 계획:** 가설을 검증하기 위해 필요한 데이터를 수집하는 방법을 계획합니다. 예: 설문조사, 인터뷰, 데이터베이스 분석 등.	증상을 분석하는 데 도움이 되는 **강점 도구 (Strength Tool)**를 선택하세요. 예를 들어, 데이터 분석 능력이 필요하다면 데이터 분석 도구를 선택합니다. 또는, 팀원들의 협력이 필요하다면 팀워크 도구를 선택합니다. **선택한 강점 도구를 적어보세요:** **1. **데이터 분석 능력:** 엑셀 함수 활용, 통계, 데이터 시각화 능력 등을 활용합니다. **2. **팀워크 및 커뮤니케이션

문제 해결 과정에서 발생할 수 있는 장애물을 예측하고 대비하는 것은 매우 중요합니다. 장애물을 미리 파악하면 효과적인 대응 전략을 세울 수 있습니다.
 	
- **장애물 예측:**
  - 기술적 장애물: 새로운 기술 도입 시 발생할 수 있는 기술적 문제, 시스템 호환성 문제 등.
  - 인적 장애물: 팀원 간의 의견 충돌, 협조 부족, 저항 등.
  - 외부 장애물: 예산 부족, 시간 제약, 외부 환경 변화 등.
	장애물을 극복하는 방법을 생각해 보세요. 예를 들어, 기술적 장애물은 전문가 자문, 교육, 대체 기술 검토 등을 통해 극복할 수 있습니다. 인적 장애물은 효과적인 의사소통, 갈등 관리, 동기 부여 등을 통해 극복할 수 있습니다.	

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"[illegible]" (Punntu manithan) **[illegible]:** "[illegible]" [illegible] "brain fog" [illegible]. [illegible], [illegible],	[illegible].[illegible].[illegible].[illegible] (BDNF) [illegible]: [illegible], [illegible] (neurotrophic factor) [illegible], [illegible], [illegible]. [illegible]: [illegible]	[illegible], [illegible], [illegible] (NAC), [illegible]-3.

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   - **[illegible] [illegible] [illegible] [illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible].
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10. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

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[illegible] [illegible] [illegible] [illegible] (Craving Response Toolkit)

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- 5-7-8 [illegible]: 4 [illegible], 7 [illegible], 8 [illegible] [illegible]. 5 [illegible]. [illegible] [illegible] [illegible].

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  * **Phase 1:** □□□□□□□ □□□□□□□□□□□□□ □□□□□ □□□□□□□□□□□□□□□□□□□□□, □□□□□□□□ □□□□□□ □□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□.
  * **Phase 2:** □□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□, □□□□□□□□□□□□□□□□□ □□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□□.
  * **Phase 3:** □□□□□□□□□□ □□□□□□□□ □□□□□□□□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□, □□□□□□□□□□ □□□□□□□□□□□□□□ □□□□□□□□□.
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[illegible], [illegible].

[illegible]: [illegible]

[illegible], [illegible], [illegible]? [illegible], [illegible]. [illegible], [illegible].

[illegible], [illegible] [illegible]

[illegible] 7-OH [illegible]. [illegible] (mu-opioid) [illegible]. [illegible], [illegible].

[illegible]? (Ethanai edhirpārka vēṇṭum?)

Structured translation for the Recovery Kernel framework:

1. **[illegible]:** [illegible].
2. **[illegible]:** [illegible], [illegible], [illegible].
3. **[illegible]:** [illegible], [illegible], [illegible].
4. **[illegible]:** [illegible],
   - [illegible], [illegible], [illegible]. [illegible], [illegible]? [illegible]:

     1. **[illegible]:** [illegible], [illegible], [illegible], [illegible]
   - [illegible] (3 [illegible]) [illegible], [illegible].
   - [illegible]:

     [illegible]. [illegible], [illegible]

[illegible]. [illegible], [illegible] [illegible] [illegible] [illegible].

[illegible]:

1. **[illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible].

2. **[illegible]**

- [illegible] [illegible], [illegible] (REM [illegible])

[illegible]:

1. **[illegible]: [illegible] [illegible] [illegible], [illegible] [illegible] [illegible].**

2. **[illegible]: [illegible] [illegible] [illegible]

[illegible]: [illegible]

[illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] 8-12 [illegible] [illegible] [illegible]? "[illegible] [illegible] [illegible]" [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible]:

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- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
    - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]:

      1. **[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible]? [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]? [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

      2. **[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible]? [illegible] [illegible] [illegible] [illegible] [illegible]
    - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

      [illegible] [illegible] [illegible]:

      1. **[illegible] [illegible] [illegible]:** [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]? [illegible] [illegible] [illegible]?

      2. **[illegible] [illegible] [illegible]:** [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

      3. **[illegible] [illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
    - [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]:

      1. **[illegible] [illegible] [illegible] [illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

2. **[illegible]:** [illegible]. [illegible], [illegible] [illegible] [illegible], [illegible] [illegible].

- [illegible] [illegible] [illegible]

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- [illegible] [illegible] [illegible].
- [illegible]: [illegible] [illegible], [illegible] [illegible], [illegible] [illegible].

3. **

16. [illegible], [illegible] [illegible].
17. [illegible]. [illegible] [illegible] [illegible].

[illegible]!

[illegible] 60 [illegible] [illegible] [illegible], [illegible] [illegible] 60 [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible] [illegible].

[illegible] [illegible], [illegible].

[illegible]:

[illegible] [illegible] [illegible]

- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] ([illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible]!)
- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

  [illegible] [illegible]:

  1. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible].

  2. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

  3. **[illegible] [illegible]
- [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible] - "[illegible] [illegible] [illegible], '[illegible]' [illegible]."

[illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
[illegible] [illegible] [illegible] [illegible].

[illegible]

[illegible]. [illegible], [illegible], [illegible].

[illegible]:

1. **[illegible]: [illegible]. [illegible].**

2. **[illegible]: [illegible]**

[illegible]: [illegible].

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[illegible] "[illegible]" [illegible], [illegible] "[illegible]" [illegible].

- [illegible].
- [illegible] MTHFR [illegible] COMT [illegible], [illegible], [illegible].
- [illegible].

[illegible], [illegible]. [illegible]. 7-OH [illegible] MT Met/Met [illegible], [illegible]. [illegible].

[illegible] [illegible] [illegible] [illegible]:

- [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible].